HARTZ PT Community Chair Yoga



Wednesdays **12:45-1:45pm**

HARTZ Physical Therapy 90 Good Drive Suite 201 Lancaster, PA 17603

Taught by: Michelle Newman, Certified Yoga Instructor/ PT Assistant

Cost: \$40/4 week session or \$15/class For more info: chelleb52@gmail.com or call us at 717-735-8880

^{*}Pre-registration encouraged however walk-ins are welcome.



Breathing Techniques

Core Strengthening

Relaxation